

**Thursday**  
MARCH 24, 2016

★ **FREE** ★

A Chicago Tribune  
publication

— the —  
**30**  
**BEST**  
(and worst)  
*acts*  
OF THE 2016  
**Lolla**  
**LINEUP**

PAGES 16-17

LANA DEL REY



# TIME IS ON HER SIDE

AMY MOKRIS COULDN'T FIND  
HER IDEAL TIMEPIECE, SO SHE  
GOT TO WORK AND CREATED  
LE COEUR WATCHES 8-9





BY SAMANTHA NELSON FOR REDEYE | REDEYE@REDEYECHICAGO.COM » GET MORE SPONTANEOUS EAT. DRINK. DO. IDEAS AT REDEYECHICAGO.COM



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### ALL ABOUT CIDER

**Jerry's** 1938 W. Division St. 773-235-1006  
Order one of eight **draft ciders** (\$6.25-\$9 for a full pour, \$3.50-\$6 for a taster) while learning about different styles, apple varieties and how cider is made from a panel discussion moderated by Chicago Tribune travel and beverage writer Josh Noel. 7-9 p.m. No cover.

## DO

### COLORING CLUB

**Crown Liquors** 2821 N. Milwaukee Ave. 773-252-9741  
Relax by using crayons and colored pencils to color a page by Elise Topinka at this monthly gathering benefiting Alliance for the Great Lakes. 6-8 p.m. \$5. Tickets: [jessicaleitch.com](http://jessicaleitch.com)



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# NO SURPRISE

## CHICAGO IS AMONG THE MOST CONGESTED CITIES IN THE U.S.

By Rianne Coale | REDEYE

Chicago ranked 10th on the 2016 TomTom Traffic Index's list of the most traffic-congested U.S. cities, proving that coming in last place doesn't always mean you're the worst!

Chicago's overall congestion level is 26 percent, dropping one percentage point from a year ago, according to the index. Los Angeles snagged the top spot with a level of 41 percent, San Francisco was second (36 percent) and New York was third (33 percent).

Although Chicago's overall congestion level is relatively low, during morning and evening rush hours,

### Chicago congestion

We ranked 10th in the U.S. and 88th out of 174 cities worldwide on TomTom's Traffic Index, meaning that on average, Chicagoans spend an extra 30 minutes traveling per day (compared with if there were no congestion). The most congested day last year was Jan. 8, 2015.

levels rose to 38 and 58 percent, respectively—meaning a typical half-hour commute would take 58 percent longer during those peak periods.

Chicago drivers are spending, on average, 114 hours of extra travel time per year in traffic, according to the index. Imagine spending nearly five days stuck sitting in your car, because that's what it roughly equates to.

Because of Chicago's roadway infrastructure, drivers often lack alternative routes to their destinations, which may be one cause for the city's problematic congestion.

"Even if 5 percent of people were to

improve their driving habits a little bit, the TomTom index shows that it could result in a 30 percent reduction in traffic congestion," said Nitin Kartik, director of business development for TomTom Traffic & Travel Information.

Kartik said something as simple as carpooling, taking public transit or teleworking one day a week could help reduce Chicago's congestion.

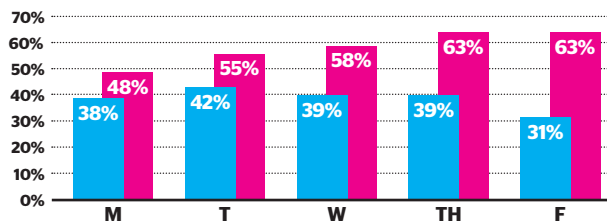
The TomTom Traffic Index used data from 2015 to assess traffic congestion in 295 major cities in 38 countries and works with 14 trillion data points accumulated over eight years.

Globally, Chicago ranked 88th.

### National congestion

Here's the Top 10 ranking of the most congested cities in the U.S. based on traffic data from 2015:

1. Los Angeles 41%
2. San Francisco 36%
3. New York 33%
4. Seattle 31%
5. San Jose 30%
6. Honolulu 29%
7. Miami 28%
8. Washington 26%
9. Portland 26%
10. Chicago 26%



## Eye-rolling commute? New Chicago billboards aim for smile

By Leonor Vivanco | TRIBUNE

"Something wonderful is about to happen."

The phrase—freshly emblazoned on the billboard at Ashland and Armitage avenues—might prompt a "Yeah, right" from pessimists. But an optimist might smile, and that's exactly the reaction The Joy Team wants.

The Joy Team, a nonprofit based in Washington state, is rolling out a billboard campaign called Smile Across America in dozens of big and small U.S. cities in honor of the United Nations' International Day of Happiness, which was last Sunday.

In Chicago, the phrase went up on a traditional billboard last week near the Kennedy Expressway and Metra's Clybourn station, said Michele Larsen, founder of The Joy Team, which aims to build and uplift communities by spreading joy, inspiration and optimism.

Inspirational phrases began to appear Monday and will stay for two weeks on 10 TVs inside the 500 West Madison building, along with two large digital displays on the second floor at the entrance to the Ogilvie Transportation Center.

This marks the second year of the campaign but its first time in the Chicago area, Larsen said. She said she chose billboards for the campaign, sponsored by Natural Life, because they're hard to ignore and people can't turn them off or fast-forward.

"This message is a good one to remind people there are an awful lot of wonderful things happening and to take a few minutes and think about that," Larsen said.

Rolling your eyes? Larsen acknowledged the message isn't for everyone. "I'm sure there are people who are going to think it's silly or stupid or be skeptical or [go] like, 'What are they really trying to sell me?' " she said. "That's OK, we're putting them up for people who will enjoy them and will see them and smile and have a better day."



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# threesome

3 PERSPECTIVES ON ONE RELATIONSHIP QUESTION

Welcome to "Threesome." Each week, we'll take a look at a relationship question from the public and have three panelists give their insights. Have a question to ask? Shoot it over to us on Twitter at [@redeyechicago](https://twitter.com/redeyechicago) or on our Facebook page. If it's a little more private, feel free to email it to [redeye@redeyechicago.com](mailto:redeye@redeyechicago.com) with the word "Threesome" in the subject line.

Facebook stalking potential dates—is it wrong? —Question via Reddit



**Isaac Paul**

In a relationship, 36  
 Host, devil's advocate  
 and resident know-it-all  
 of "The Tequila Tales"  
 @thetequila

To put it simply in two words: ABSOLUTELY NOT! I mean, let's be honest, anyone who tells you they don't find themselves "perusing" the page of a potential love interest is either dishonest or too aloof and not worth pursuing.

The very premise of Facebook is to give us insight into the lives of others. And the awesome caveat is that you only get to see what that person WANTS you to see. So to go out of your way to ignore what a person publicly broadcasts is tantamount to driving on the expressway with a blindfold.

However, there is a difference between doing a little "research" and crossing that line into creeper category. I suggest you keep your findings private and allow them to give you some insight about whom you are dealing with. Don't go liking and commenting on photos from 2010; unless it's a #TBT, then you're good.



**Courtney Jacquin**

In a relationship, 24  
 Writer, editor  
 @courtneyjacquin

It's basically an unspoken rule that you're going to do some Internet stalking of your potential suitor, it is 2016 after all. There's no harm in doing a little light Facebook creeping to get an idea of what you're getting into, but "light" is the key word here. Half of the fun of dating is getting to know someone, and there's nothing

more awkward than having someone tell you something about themselves and you responding, "I know." So look through a few prof pics, see if you have any mutual friends and make sure they don't "like" Donald Trump. Leave the rest to good conversation.



**Sadé Carpenter**

Single, 30  
 Chicago Tribune  
 editorial assistant  
 @SadéMichelle

Not wrong per se, but what do you hope to accomplish? If you want to vet your date for obvious red flags or incompatibility issues, a little research (sounds much better than stalking, don't you think?) doesn't sound terrible. But I'd take any findings with a grain of salt.

Some people share few personal details on Facebook—or their privacy settings are on point—while others have wide-open pages but take a more cheeky approach. One of my friends lists his hometown as "Compton, California" and political views as "Black Panther Party." He's Canadian.

In general, social media allows users to present carefully curated aspects of themselves and their lives. Facebook can't tell you everything you want to know about your date, and it shouldn't. You'll learn more about your date's character and personality once you actually spend time together. Do that.



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Circulation:  
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RedEye, a Chicago Tribune publication, is published five days a week, except on certain holidays. Unsolicited manuscripts, articles, letters and pictures sent to the Chicago Tribune are sent at the owner's risk.

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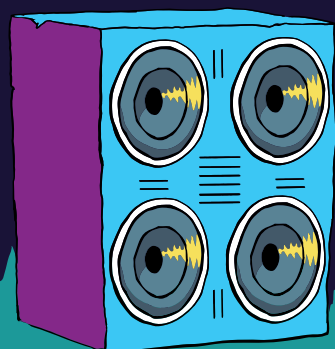


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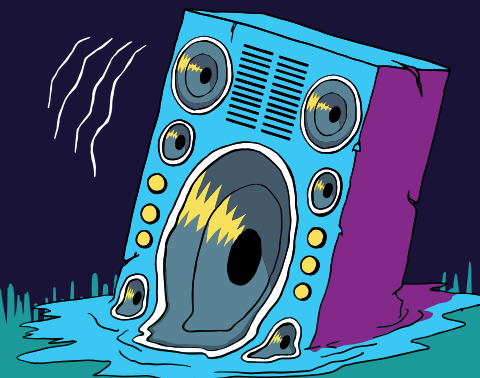
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# sports

3. PARITY REIGNS  
THIS NCAA TOURNAMENT

14. "SAD BILL MURRAY"  
MEMES

6. THREE BIG TEN RED TEAMS  
CARRY THE BANNER

11. COLLEGE HOOPS BLUE  
BLOODS WEARING BLUE

2. TONY BENNETT,  
BUT NOT THAT  
TONY BENNETT

15. PERRY ELLIS,  
BUT NOT THAT  
PERRY ELLIS

7. REALITY-STAR  
GONZAGA BULLDOGS

10. REALITY  
STAR-LEVEL DRAMA

14. "SAD BILL MURRAY"  
MEMES

11. COLLEGE HOOPS BLUE  
BLOODS WEARING BLUE

2. TONY BENNETT,  
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14. "SAD BILL MURRAY"  
MEMES

14. "SAD BILL MURRAY"  
MEMES

2. TONY BENNETT,  
BUT NOT THAT  
TONY BENNETT

**WINNER:**  
"SAD BILL MURRAY" MEMES

16. CHICAGO  
TRAVEL COSTS

12. ACC DOMINANCE

12. ACC  
DOMINANCE

16. CHICAGO  
TRAVEL COSTS

8. TWEETING YOUR  
BRACKET IS BUSTED

12. ACC  
DOMINANCE

1. UNITED CENTER  
ENTRANCE COSTS

16. CHICAGO  
TRAVEL COSTS

8. TWEETING YOUR  
BRACKET IS BUSTED

9. TWEETING  
YOUR BRACKET  
POOL STANDINGS

4. FRED HOIBERG  
REUNION

13. GRAYSON ALLEN  
=CHRISTIAN LAETTNER

5. PAC-12  
EMBARRASSMENT

12. ACC  
DOMINANCE



## AREN'T THEY Sweet?

### 16 THINGS TO KNOW ABOUT THE NCAA TOURNEY'S SECOND WEEKEND

By Paul M. Banks | FOR REDEYE

On Friday night, Chicago will host its first NCAA tournament regional final since 2005.

That session concluded with the state of Illinois' most iconic moment in recent history: Deron Williams led the Illini to an improbable comeback and overtime win over Arizona in a game at Allstate Arena dubbed the "Miracle on Mannheim."

On Sunday at the United Center, either Virginia, Iowa State, Gonzaga or Syracuse will experience the Final Four thrill the Illini did 11 years ago. Here's RedEye's Sweet 16 bracket of what you need to know. PAUL M. BANKS IS A REDEYE CONTRIBUTOR.

@PAULMBANKS



Nick Zeisloft of Indiana; Eric McClellan of Gonzaga; V.J. Beachem of Notre Dame; Justin Jackson of UNC GETTY IMAGES/PHOTO



## First round

### (1) UNITED CENTER ENTRANCE COSTS VS. (16) CHICAGO TRAVEL COSTS

According to **Priceline.com** and **TiqIQ**, the average price for an all-sessions pass in Chicago is \$536.24; the get-in price \$148.

Quoting Priceline again, national average roundtrip airfare to Chicago is \$257. Hotel rates range from \$98-\$244 for four-star hotels to \$74-\$680 for three-star hotels.

**Winner:** Travel costs. Those ticket prices seem inflated, while the travel costs look like a bargain.

### (8) TWEETING YOUR BRACKET IS BUSTED VS. (9) TWEETING YOUR BRACKET POOL STANDINGS

A record 10 double-digit seeds won their first-round game, so everyone's bracket is busted. You're not original.

Also, your bracket is extremely interesting to you, not interesting to anybody else.

**Winner:** "Bracket's busted tweeting." It's hard to resist letting social media know how much your bracket sucks, but please refrain.

### (4) FRED HOIBERG REUNION VS. (13) GRAYSON ALLEN = CHRISTIAN LAETTNER?

Bulls coach Fred Hoiberg's former team, Iowa State, takes on Virginia at the UC on Friday. Word was the Cyclones planned to be on hand for the Bulls game Wednesday.

Duke's current sharpshooter isn't as polarizing today as Laettner in his heyday, but it's close.

**Winner:** Hoiberg reunion. Maybe in 2032 we'll get a documentary called "I Hate Grayson Allen," but for now Hoiberg rules.

### (5) PAC-12 EMBARRASSMENT VS. (12) ACC DOMINANCE

This year's field seemed to favor the Pac-12, and those gripes were further validated by seeing only Oregon reach this weekend.

Six of the Sweet 16 teams hail from the ACC.

**Winner:** ACC dominance. Just like in real life, the Pac-12 loses badly as the higher seed.

### (3) PARITY REIGNS THIS NCAA TOURNAMENT VS. (14) 'SAD BILL MURRAY' MEMES

Michigan State coach Tom Izzo summarized the parity: "The difference in those and the 1, 2 and 3 [seeds] is going to be so minimal that little things are going to matter."

We saw Happy Bill Murray attend that Illini game in Rosemont 11 years ago. This past weekend saw Sad Bill Murray at the Xavier game, and with it came a meme to finally put "Crying Jordan" to bed.

**Winner:** "Sad Bill Murray" memes. "Hey, what do you think of the 'Ghostbusters' remake?" \*Cue Sad Bill Murray face\*

### (6) THREE BIG TEN RED TEAMS CARRY THE BANNER VS. (11) COLLEGE HOOPS BLUE BLOODS WEARING BLUE

Half of Big Ten teams wear red (seven of 14), including the three still alive in the tournament.

Teams that wear blue have played in the most championship games (43), according to Elias Sports Bureau.

**Winner:** Blue bloods. Of course they win, what did you expect? They're too powerful.

### (2) TONY BENNETT, BUT NOT THAT TONY BENNETT VS. (15) PERRY ELLIS, BUT NOT THAT PERRY ELLIS

When you see this name trending Friday night, it's most likely to be the Virginia coach, not the legendary crooner collaborating with Lady Gaga.

The Perry Ellis trending during March Madness is the mature-looking Kansas forward, not the legendary clothing designer.

**Winner:** Tony Bennett. He has name recognition connected to Gaga.

### (7) REALITY-STAR GONZAGA BULLDOGS VS. (10) REALITY STAR-LEVEL DRAMA

Gonzaga is the only team in the tournament field with its own HBO reality series: "Gonzaga: The March to Madness."

The Zags face Syracuse in Chicago, and the Orange are led by coach Jim Boeheim, who's had reality star-level drama recently.

**Winner:** HBO producers rejoice as the Zags move on over the Cuse. We'll see if life imitates art Friday.

## Quarterfinals

### (16) TRAVEL COSTS OVER (8) 'BRACKET'S BUSTED' TWEETS

By Sunday, almost everybody will be eliminated from their bracket pool, so we'll see fewer people talking about it.

### (12) ACC DOMINANCE OVER (4) HOIBERG REUNION

If you're the ACC commissioner, just how wide is your smile this week?

### (14) SAD BILL MURRAY OVER (11) BLUE BLOODS

Big-time upset! Given the bleak nature of the news this week, we all need a laugh, and Murray can provide that.

### (2) TONY BENNETT OVER (7) REALITY-STAR GONZAGA

The more Virginia advances this tourney, the more "Tony Bennett Coach vs. Tony Bennett Singer" stories we'll see.

## Final Four

### (12) ACC DOMINANCE OVER (16) TRAVEL COSTS

Matchup of double-digit seeds sees Duke, North Carolina and company triumph, just as they usually do in real life.

### (14) SAD BILL MURRAY OVER (2) TONY BENNETT

"Crying Jordan who?" Sad Bill Murray is lasting much longer than his actual newly adopted team, Xavier.

## Championship

### (14) SAD BILL MURRAY OVER (12) ACC DOMINANCE

It's going to take a force of nature to stop the ACC this March Madness, but that's exactly what Murray has become on social media this week.

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# about time

LE COEUR WATCHES FOUNDER AMY MOKRIS  
BRINGS TIMEPIECE DREAMS TO LIFE



By Morgan Olsen | REDEYE

**W**e've all been there: On the hunt for something—a bag, a pair of boots, sunglasses, jeans, a swimsuit—only to find that the painfully specific vision inside our heads doesn't exist on a rack. Instead, we settle for something that's close enough. Because sometimes close enough is good enough.

Le Coeur Watches founder Amy Mokris, 28, wouldn't settle for good enough when she noticed a void in the timepiece market. Frustrated when she couldn't find a watch that fit her checklist (classic, functional, minimalist and clean), the DePaul University graduate started sketching ideas, pulling together mood boards and pinning color swatches for reference.

"I didn't know exactly where I was going to take it or how I would launch it if it ever became a brand," Mokris said. "I just knew there was a need for myself that I wanted to fill. I took it step by step and rolled with it."

She did her research, hodgepodging together ideal elements for her dream watch: soft Italian leather, Swiss quartz movements, a stainless steel caseback and a sapphire glass crystal face. The design eventually took on a life of its own and even got a name, Le Coeur, French for "the heart." When it was time to graduate her idea from the computer screen to her wrist, Mokris shopped around for a manufacturer, eventually landing on one in Hong Kong, and sent her original design and those very detailed specifications their way. And then she waited.

There are moments along the way that Mokris said she'll never forget, and opening that first shipment of watches sits somewhere near the top of the list.

"I started crying. I can be tough enough in business, but there are moments where I'm complete mush," she said. "At the core of this, this is my heart and what I believe in. Something that's a direct representation of me—a brand I wanted to create. To see all of that and the designs come to fruition was something so meaningful. When I opened the first set of prototypes, I just lost it."

Mokris knew she had a product on her hands that could fill other people's watch needs, too. But she'd need help if she wanted to set up shop and establish her brand. Enter Kickstarter.

Her campaign launched just shy of a year ago in mid-April 2015 with a goal of \$10,000 to make the first production order a reality. Mokris passed that goal within 49 hours, and by the end of the campaign 151 backers pledged \$18,640 to make Le Coeur happen.

Fast-forward almost a year later and Mokris is still beaming with gratitude. She said crowdfunding not only granted her the necessary cash flow to get Le Coeur off the ground, but also generated excitement for the watches before they were a reality to the masses.



### Shop

Find Le Coeur watches, priced at \$179 each, online at [lecoeurwatches.com](http://lecoeurwatches.com) and locally at Humboldt House (1045 N. California Ave. 312-785-1442), Modern Cooperative in Hyde Park (1500 E. 53rd St. 872-244-7477) and Havlan & West (1870 N. Damen Ave. 773-799-8367).

"Looking back, launching on Kickstarter and really gaining that traction and push in the early stages was essential to creating a buzz around the brand and just having that working capital that was needed to place those initial orders," Mokris said. "It's just interesting to look back and see how things have lined up exactly as they should have."

A year out, that's an overarching theme in her story. Whether or not you believe in fate, Mokris said she's able to see how her path ultimately led to Le Coeur—even the little stuff along the way that didn't seem to fit into the bigger picture at the time.

"I've always done what I really needed to do at that time," she said. "But I never thought it would lead me to this."

A yearlong stint in Paris after she graduated from college established her deep love for travel, which is an unmistakable part of her brand today. Each watch

is named after a city, and there are currently 11 total in the growing collection: Cape Town, Lisbon, London, Milan, Nashville, New York, Paris, Seattle, Sydney, Tokyo and Toronto.

Notice something missing? Mokris said she plans to release the Chicago watch this spring or summer.

"I never thought that it would be so daunting," she said about the hometown tribute. "People have been asking about the Chicago watch from the beginning. I really hope to create something that people look at and think, 'Yeah, that does feel like Chicago.'"

Mokris' pre-Le Coeur résumé reads like a starter pack for everything she's doing today, but she admits she couldn't have predicted that each role would lay the groundwork so

perfectly. At DePaul, she majored in communications and media and minored in photography and art and design, an educational

“Not an ounce of it feels like work to me. It feels like different moving pieces that you have to take care of and grow to help the company to really scale and reach the point where you want it. It's my favorite to-do list.”

—Amy Mokris, Le Coeur Watches

blend that opened opportunities in Chicago and abroad. From harnessing her product photography skills at local luxury consignment boutique eDrop-Off to crafting product development concepts for The Licensing Company in Paris to planning retail marketing efforts for Camping World and Good Sam in Lincolnshire, Ill., Mokris has dabbled in a little bit of everything.

"With startups and small businesses, it's really hard to wrap your mind around all the logistics that need to happen to bring it to life. With my background, it felt really feasible," Mokris said. "I knew I wouldn't have to hire a photographer in the beginning. At least I could do the product photos on my own. I've done marketing, so I knew I could do that part."

Though Mokris is naturally drawn to the creative aspects of her business—the "lollipops and unicorns," as she puts it—finances and accounting come with the gig, too. Still, she said she looks at each task, no matter how mundane or frustrating, as an opportunity to nurture her brand.

"Not an ounce of it feels like work to me," Mokris said. "It feels like different moving pieces that you have to take care of and grow to help the company to really scale and reach the point where you want it. It's my favorite to-do list."

While manning the bottom line will always be at the front of her mind, Mokris has committed to giving back to the community since the very beginning. Each month, she partners with a new charity—both Chicago-based and worldwide—and donates a percentage of proceeds from every purchase its way. Locally, she's teamed up with Lakeview Pantry, Dreams for Kids and Ronald McDonald House Charities, to name a few. This month, 10 percent of proceeds are going to Do You See What I See?, a nonprofit that aims to help underprivileged women seek higher education.

"I wanted to highlight our interconnectedness," she said. "The consumer's purchasing power can extend beyond just the products they're receiving in the mail. I wanted every purchase to have the power to positively impact communities near and far."

Though timepieces are her specialty, Mokris admits that she struggles most with finding time for herself amidst the demanding schedule of a one-woman business. (Yes, beyond the occasional freelancer, Mokris is still doing it all on her own.) She's working on finding balance but still loves the thrill of clocking long hours on Le Coeur, her self-proclaimed "huge love." After all, doing what feels right in the moment has always been her personal motto.

"I believe everything you do should stem from the heart," Mokris said. "That's usually where all the magic happens if you follow what your core is directing you to do."

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tv

Netflix's 'Orange is the New Black'



# BINGENATION

**STUDY: 70 PERCENT OF CONSUMERS WATCH 5 EPISODES IN A SITTING**

**By Libby Hill** | LOS ANGELES TIMES

What's a person have to do to keep pace with a modern Millennial's media consumption? A lot of television marathoning and even more multitasking.

According to Deloitte's 10th Digital Democracy Survey of more than 2,200 U.S. consumers, 70 percent of respondents binge-watch an average of five episodes in one sitting, with 35 percent of Millennials doing so on a weekly basis.

But it's not just binge-watching that audiences are investing in. Viewers are also beginning to fully embrace streaming video, with 46 percent of Americans subscribing to at least one streaming video service and young Millennials, ages 14-25, consuming more online video content than live television.

As for what they watch, 53 percent of audiences opt for drama and just 19 percent for laughs when looking for shows to binge.

With survey numbers indicating that over a quarter of Americans use ad-blocking software and 66 percent of respondents stating that they valued streaming services because they allowed for commercial-free viewing, digital advertisers have an uphill battle when it comes to getting their messages across.

Older Millennials may be a good indicator



of what the future of ad-free television viewing looks like, with consumers ages 26-32 paying for an average of three streaming video subscriptions to feed their binge-watching demands.

But as much as audiences love their media consumption, they love doing other things while consuming media even more.

Over 90 percent of respondents report multitasking while watching television, with Millennials often doing four other things while watching TV, be it surfing the Internet, social networking, text messaging or checking email.

That social media use is so high while Millennials are watching TV comes as no

surprise in light of other survey results which report two-thirds of the generation saying they value their time interacting with friends on social media as much as they do time spent in-person.

Social media sites have also surpassed television as the most popular source of news for Millennials, while nearly 3 in 4 individuals aged 19-32 are more influenced in buying decisions by social media recommendations than they are by TV ads.

Social media isn't for younger generations alone, with 85 percent of U.S. consumers participating in social media and 58 percent doing daily check-ins. Odds are, they're probably also watching TV as they do it.

## VICE'S NEW CABLE NETWORK IS MORE POPULAR ON YOUTUBE THAN IT IS ON TV

**By Lucas Shaw** | BLOOMBERG

In the weeks since the Viceland channel premiered on cable and satellite TV systems, the majority of viewers have actually been watching its programming elsewhere: online.

Vice Media Inc. released early episodes of six series on Facebook, YouTube and **vice.com** to stimulate interest among its younger, male fan base. On YouTube, episodes have drawn between 166,000 views (for the second episode of Ellen Page's "Gaycation") and 6.3 million (for the premiere of the show "Weediquette").

While Vice has declined to report TV ratings for Viceland, the company says views online indicate a happy fan base that will help pave the way for success in traditional TV, which promises higher ad revenue.

"Our strategy was to get the episodes out to as many people as possible and as many places as possible, and we got really healthy viewership on all platforms," Guy Slattery, general manager of Viceland, said in an interview. "Our audience will do the bulk of its viewing on nonlinear platforms."

So far, the most-watched episode on Viceland's YouTube channel is the premiere of "Weediquette," a show about marijuana's growing place in culture. With an average watch time on YouTube of 12 minutes, the 6.3 million views of the hourlong episode come to about 1.6 million views over the past three weeks. Using the same equation, the audience for "Gaycation" is around 465,000 viewers over three weeks.

Networks seldom release full episodes of shows for free on social networks, making comparisons difficult here. Still, none of the Viceland shows approaches the online viewership of Fox hits such as "Family Guy," "Empire," "Scream Queens" and "Gotham," all of which top 1.8 million streams on Hulu and Fox's website (to say nothing of linear TV). They also are smaller than the traditional viewership of "Teen Wolf," a show squarely aimed at a younger demo that airs on MTV, which Vice Chief Executive Officer Shane Smith has said "imploded."

Yet Vice's popularity with young males (Vice says 72 percent of Viceland's online viewers are between the ages of 18 and 34, and 73 percent are male) has attracted the attention of old media companies like 21st Century Fox Inc., Walt Disney Co. and Time Warner Inc. Fox and Disney have invested in the company, while Time Warner has commissioned Vice to make programming for its premium cable network HBO.





## WARM UP LIKE A PRO

Though we've all enjoyed a game of hoops, most of us will never develop pro skills. That said, you can improve your game with one tip: Warm up like the pros.

Warming up is an all-day process for pro players. It includes the right nutrition, rest and, of course, pregame activity. Even if you can't dunk like a pro you can approach your warmup in pro fashion.

### NAP

Sleep has a restorative effect on muscles. That's why the gameday nap has long been part of the warmup routine. Elias Karras, founder and president of EFT Sports Performance in Highland Park, Illinois, recommends a nap about three hours before tipoff.

### EAT AND DRINK

Pro players typically ingest a high carb, moderate protein, moderate fat meal prior to hitting the floor. Hydrating is also important for on-court form.

"My favorite is plain H<sub>2</sub>O," Karras says. "If players have problems with cramping, I've used pickle juice. That really helps a lot because of the alkaline in it. Some players even drink straight alkaline water." Alkaline water is rich in compounds such as calcium and bicarbonate to make it less acidic than tap water.

During halftime, players often drink a recovery shake to replace the nutrients burned off in the first half and to have enough in the tank during the second.

### ROLL WITH IT

Many pro players get light muscle activation and stimulation treatment from trainers and team massage therapists. Though that may not be an option prior to shooting hoops in your driveway, a foam-roller regimen can be helpful before an intense workout to release knots.

### FIRE UP

The goal of a warmup is to get the joints firing and blood flowing through the muscles. Dynamic movements — leg swings, lunges, squats— are common among the pros.

—Brendan Murphy, Tribune Content Solutions

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# Can ShondaLand strike again with 'The Catch'?

**By Hank Stuever** | THE WASHINGTON POST  
ABC's formulaic but fashionable "The Catch" bears the coveted seal and corresponding Thursday time slot of hitmaker Shonda Rhimes ("Scandal," "How to Get Away With Murder," etc.).

Massaged by a long list of producers that includes Rhimes herself, "The Catch" is very much at home in the four-star suites of ShondaLand, crammed with current pop songs, sexy rolls in high-thread-count sheets, a frantic pace that's stitched together by glitzy transitional segues of the Los Angeles skyline, and the simplest, soapiest premise imaginable.

Mireille Enos stars as Alice Vaughan, a tough (but glam) top investigator at a private security firm, willing to do anything to protect big corporate clients and techie billionaires from hackers and thieves. One thief in particular keeps eluding Alice and her colleagues, obtaining encrypted codes and otherwise finding his way to the

honey pots. They've dubbed him Mr. X and tracked clues to his whereabouts on many an office whiteboard. He's so good at his craft that he's managed to avoid being clearly photographed.

Alice, meanwhile, is preparing to marry her newfound love, a wealthy businessman named Benjamin (Peter Krause of "Parenthood" and "Six Feet Under")—and you don't need me or a hundred network promo ads to tell you that Benjamin is in fact Mr. X in disguise, which Alice discovers only after he's bilked yet another client and vanished from existence, taking \$1.4 million of Alice's life savings with him. The wedding's off.

Thus we are launched on "The Catch's" central Coyote-and-Road-Runner narrative, in which Alice seeks revenge the only way she knows how—by outsmarting and catching a thief.

Enos, who was previously seen as a depressed homicide detective in rainy Seattle

**The Catch**  
Series premiere  
Thursday at  
9 p.m.  
on ABC



Peter Krause (left) and Mireille Enos in 'The Catch'

("The Killing") and as troubled twin sister-wives in unforgiving Utah ("Big Love"), seems to enjoy the swaggy style here, including the stiletto heels and the false eyelashes that practically go dink-dink-dink when she bats her eyes. The ditzy dialogue and marshmallow plot are not at all up to Enos' talents, but if she's having fun, then there's not much case

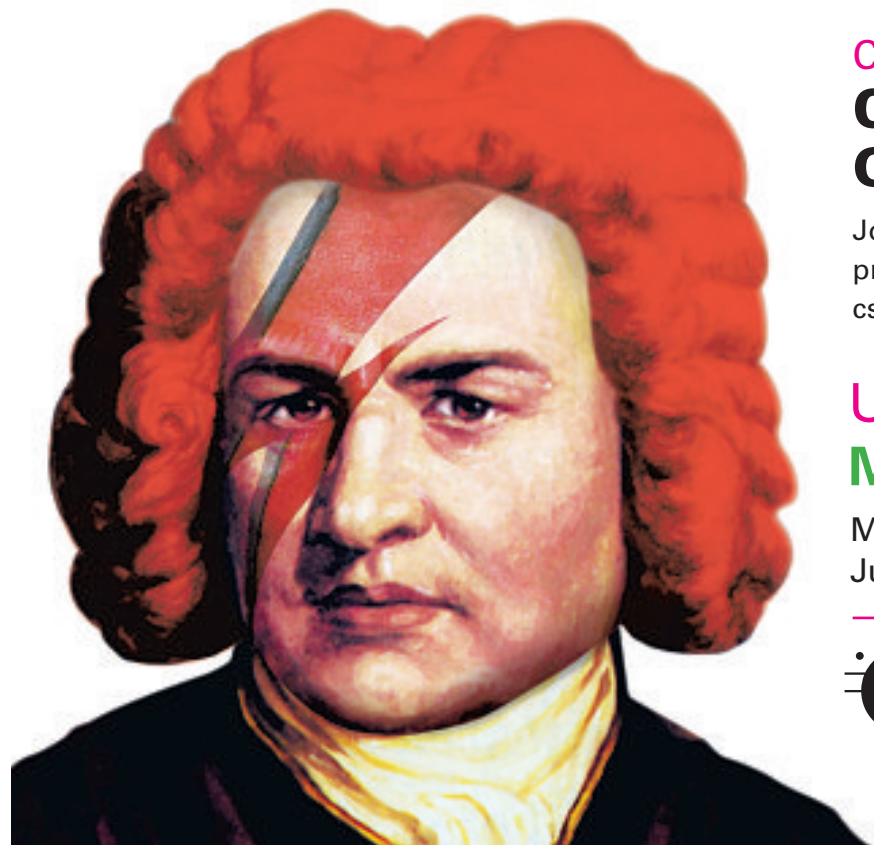
left to prosecute.

In fact, that's the default response to any new ShondaLand show—it's never the finest television around, but it's also far from the worst and not worth picking a fight over; at its most predictable, "The Catch" might also contain a surprise that knocks an old TV trope or two in the gut with a jiu-jitsu kick.

Perhaps most baffling in the pilot episode (the only episode screened in advance for critics) is how "The Catch" coughs up most of its plot right away, setting off a potential loop of catch-and-release that could test a viewer's patience. As Benjamin (or whoever he is) manages to escape a trap Alice has laid for him, viewers are left to wonder if that's all the show has to offer.

Krause, who once contained multitudes in his menacing stare, seems to have had all his sharp edges rubbed away during his "Parenthood" years, coming up short both as a debonair villain or as an object of obsessive desire. "The Catch" has a difficult time demonstrating that the hot pursuit is worth it.

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## movies



Matt Pais Interviews Brie Larson.



FAST PAISED

**Matt Pais**» mpais@redeye  
chicago.com  
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Eleven years, hundreds of interviews and nearly 2,200 reviews later, it's about that time: Today is my last day at RedEye.

I started as an intern with **Metromix.com** in 2005. I had no idea what I was going to be doing, and I had no idea what I'd do after the internship was over. So I did everything I could to work as much as possible, contribute and stick around. Now here I am, trying not to get choked up as I think about how much has happened since then. I could not be more thankful for these opportunities, just to name a few in no particular order:

» When an all-grilled cheese restaurant opened in Lakeview, I wrote about trying to eat all seven options in one night because cheese and I have that kind of relationship.

» Watching Sam Elliott do a dramatic reading of Taylor Swift's "Bad Blood" was

just sensational. One of my all-time favorite handshakes.

» Taking an afternoon to chronicle efforts to eat a giant party bagel not intended for one person. Yes, I like food-related challenges.

» All of the minutes with Lights, Marlon Wayans, Brie Larson, Rashida Jones, Channing Tatum and Amanda Seyfried, Alice Eve, Paul Rudd, Justin Timberlake and Mila Kunis, Margot Robbie and so many more. Access is just the beginning—getting the best possible content is the reason to do it. Thanks to movies and music, I also talked with a former death row inmate, former Sudanese refugees and a porn star. And LeBron James. And Yoko Ono.

» Documenting how it felt to be at the game when the Cubs eliminated the Cardinals in the NLDS. Dammit, I just typed NLCS and had to change it to NLDS. Can't wait for this season.

» Attending the Sundance Film Festival three times and all the movies and interviews and red carpets and conversations and laughs that went with it.

» Spending an hour on a Tribune rooftop deck with Brandon Boyd of Incubus, who

showed up to our building without a publicist or team of any kind. Just an open, friendly dude with holes in his shirt and jeans who happened to be a giant rock star.

» Co-hosting a bonkers video series about movies called F\*\*CK IT. How many organizations would go for that?

» Covering my first red carpet, I asked George Clooney what's the first thing he would do if he was Paris Hilton and had just gotten out of jail (this was 2007). He said, "If I was Paris Hilton, I would touch myself. A lot."

I prided myself on being unbiased, no matter what anyone thought. I've never liked a Terrence Malick movie, though I will if he makes a good one. I enjoyed "We Are Your Friends"; no one else seemed to. I didn't connect with "Boyhood," and Jimmy Kimmel had a problem with that. "Paul Blart: Mall Cop" entertained me and became a running joke around the office.

Some readers told me that they never see a movie without checking what I thought first; others insisted I be fired or something worse and more painful.

I never wanted to ask the same questions

as everyone else or run content you can get elsewhere. It's a great challenge to be different in this field, and in my experience almost all interview subjects are up for it. There are four actors in particular who really aren't. I can't tell you who they are. But you probably read the stories.

Oh, a correction: "Scott Pilgrim vs. the World" is a lot better than I initially said. Same with "Adventureland." The 1975's debut did not deserve 4 stars, sorry about that.

RedEye is a unique, special place with a lot of talented people. I'm so grateful for my colleagues over the years and the experiences I had that I hoped—forget about in my first employer after college—would happen at any time in my life. You may see my name in RedEye later this year; it only will be because some movies I've written about or conducted interviews for aren't out yet.

But RedEye always will hold an important place in my life. I learned so much and did so much. I'm moving on because it's time to do something else that sets a different path for the future. But I'll miss it. And if you ever read, loved or hated anything I wrote (or assigned or edited), thank you. It's been fun. A lot.





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# music

**Metallica performs at Lollapalooza 2015 in Grant Park** ERIN HOOLEY/TRIBUNE FILE



# A LOT TO BE **EXCITED** ABOUT

## THE 30 BEST (AND WORST) ACTS OF THE **LOLLA 2016** LINEUP

By **Matt Pais and Josh Terry** | REDEYE

**T**hanks to early reports of Radiohead, LCD Soundsystem, Red Hot Chili Peppers, Lana Del Rey and J. Cole headlining, there weren't as many surprises on Lollapalooza's 2016 lineup, released Wednesday, compared with most years. However, for the festival's 25th anniversary that's extended to a whopping (and terrifying) four days (July 28-31 at Grant Park), there's even more for music fans to take in. With bigger names like Disclosure, Major Lazer, Future, Jane's Addiction and Ellie Goulding rounding out the bill, there's a lot to love and a bunch to say "meh" about. Some acts we already predicted, some we ranked with emojis and some we wished wouldn't be on it (dammit, X Ambassadors), but now that the full lineup is officially out, we've picked the best and worst of the weekend, listed here in alphabetical order. @JOSHHTERRY | JTERRY@REDEYECHICAGO.COM; @MATTPAIS | MPAIS@REDEYECHICAGO.COM

### BEST ACTS

#### **Aurora**

*Sunday*

An early pick for one of the fest's breakout stars. She can be both soft and commanding. —MP

#### **Chairlift**

*Saturday*

Normally this band wouldn't make any personal best-of list, but after taking in its most substantive album yet in this year's "Moth," I truly can't get enough of this band. —JT

#### **Chris Stapleton**

*Saturday*

For the fest's country representation, this Album of the Year nominee is the right artist at the right time. —MP

#### **Cloves**

*Thursday*

A new voice you should hear. Haunting. —MP

#### **Danny Brown**

*Thursday*

Used to hate his nasal voice, now I love it. Very much ready for a

follow-up to "Old." —MP

#### **Dua Lipa**

*Saturday*

Hits the electro-pop sweet spot better than Ellie Goulding (more on that later). —MP

#### **Frightened Rabbit**

*Friday*

"The Midnight Organ Fight" remains the Scottish band's best. Excited to hear the new one. —MP

#### **Future**

*Friday*

Young Metro definitely trusts this lineup inclusion. —JT

#### **Haim**

*Sunday*

Try to find a better live band. It will be a challenge. —MP

#### **Halsey**

*Sunday*

She's back for her second consecutive year, now an undeniable star with the power to sell out Madison Square Garden.

—MP



**Leon Bridges will perform on Saturday of Lollapalooza 2016.**

NUCCIO DINUZZO/TRIBUNE FILE



**Nathaniel Rateliff and the Night Sweats (Saturday)** GETTY IMAGES FILE

## Jack Garratt

*Saturday*

"Bob's Burgers" fan and occasional Chicago resident Jack Garratt couldn't be a more perfect fit for Lolla. —JT

## LCD Soundsystem

*Sunday*

The worst-kept reunion secret but the most-welcome lineup addition. —JT

## Leon Bridges

*Saturday*

He's a former RedEye cover star with an obvious and much deserved billing. —JT

## Modern Baseball

*Friday*

This great Philadelphia band's upcoming album is divided in halves by songs written by each of the group's two primary songwriters, which is cool. When I saw MoBo play the Chicago suburbs venue Durty Nellie's, it couldn't have been more fun. —JT

**LCD Soundsystem (Sunday)** EPA FILE



## Mothers

*Sunday*

"When You Walk a Long Distance You Are Tired" is an early candidate for one of the year's best albums. —MP

## Nathaniel Rateliff and the Night Sweats

*Saturday*

Good for him. So deserved. —JT

## Pinegrove

*Thursday*

Responsible for my favorite album of 2016 so far, Pinegrove will impress as many Lollapalooza attendees as the Montclair, N.J., band turned heads at SXSW. I can't wait to scream out all the lyrics to "Size of the Moon" while dehydrated and sunburned. —JT

## Potty Mouth

*Saturday*

Sometimes you have to dig to the very bottom of the undercard to find the best acts, and this is definitely the case with Massachusetts indie rock band Potty Mouth. —JT

## Radiohead

*Friday*

This is barely a surprise, but that doesn't mean I'm any less excited about it. Let's hope the band's upcoming album makes Radiohead 8.5/9 for great albums ("Pablo Honey" counts as half). —JT

## Saba

*Friday*

Hearing Saba's verse on Chance the Rapper's "Angels" with the backdrop of the Chicago skyline will be one of the fest's most memorable moments. With Saba next to Towkio, Sir the Baptist, Vic Mensa, Smino and Louis the Child, there's a healthy local contingent gracing this bill. —JT

## Smino

*Sunday*

Lolla, meet Zero Fatigue member Smino. As I've written before, his music sounds like the future. —JT

## Third Eye Blind

*Sunday*

Come on, you know you want to. —MP



**Halsey (Sunday)** AP FILE



**Vince Staples (Sunday)** AP

## Towkio

*Thursday*

Though he had an impromptu appearance at Pitchfork before Vic Mensa's headlining set, the Lolla stage fits the dance-minded Savemoney rapper more. —JT

## Vince Staples

*Sunday*

The rapper (whose "Summertime '06" was one of last year's best) never made it to his Pitchfork 2015 slot; let's hope the same thing doesn't happen at Lolla. —MP

## The 1975

*Thursday*

A band that drives me nuts but also makes me happy. And dance. —MP

## WORST ACTS

### Big Grams

*Saturday*

The duo of Big Boi and Phantogram might be the most disappointing pairing since orange juice and

brushing your teeth. —JT

### Die Antwoord

*Sunday*

Even if "Chappie" was the next "Citizen Kane," Die Antwoord would still be the most obnoxious and awful band that somehow gets a high billing every fest. —JT

### Ellie Goulding

*Sunday*

Not terrible by any means, but an unjustified headliner with incredibly forgettable material. (Also, I'm tired of complaining about the staleness of Jane's Addiction and the Red Hot Chili Peppers.) —MP

### Silversun Pickups

*Sunday*

I mean, I like the Smashing Pumpkins too, but come on, guys. —JT

### X Ambassadors

*Saturday*

I could not hate "Renegades" any more. This band needs to go away. —MP



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## theater



Stage 773  
ARNANDO L. SANCHEZ/TORRINE FILE

# set the scene

6 CHICAGO SHOWS TO SEE THIS WEEK

By Gwendolyn Purdom | FOR REDEYE

Step away from the Netflix marathon and find your way into one of these local theaters for a belly laugh this week. Your guide to Chicago's affordable and under-the-radar comedy scene awaits.

### THURSDAY

#### Medea's Got Some Issues

Stage 773

1225 W. Belmont Ave. 773-327-5252

Actress Lisa Hodsohl and playwright Emilio Williams spin Euripides' classic from the villainess' point of view in the one-woman comedy, which ends its Chicago run Saturday. 7:30 p.m. \$20. Tickets: [stage773.com](http://stage773.com)

### FRIDAY

#### The Remarkably Garbage Life of Brendan Fraser: A Musical

MCL Theater Chicago

3110 N. Sheffield Ave. 773-610-5930

The star of blah box office bombs such as "Blast from the Past" and "Bedazzled" reflects on his disappointing career in this musical's closing night (which doesn't actually feature Brendan Fraser). 8 p.m. \$10. Tickets: [mclchicago.com](http://mclchicago.com)

### 10 Shocking Ways the World Ended!

Second City Chicago De Maat Studio Theatre  
1608 N. Wells St. 312-337-3992

Six 20-somethings explore the many ridiculous ways modern technology and Millennial stressors (think online dating, voting and meeting your partner's dad) led to the apocalypse. 8:30 p.m. \$12. Tickets: [secondcity.com](http://secondcity.com)

### Two Fell Into the Cuckoo's Nest: The Timmy Heidi Picture Show

The Public House Theatre

3914 N. Clark St. 773-230-4770

Nab tickets to the closing performance of Heidi Cheek and Timmy Hart Barron's loony two-person sketch show. 10 p.m. \$10. Tickets: [pubhousetheatre.com](http://pubhousetheatre.com)

### SATURDAY

#### Improv Madness Championship Match

CSZ Theater Chicago

929 W. Belmont Ave. 773-549-8080

Complete with Cinderella stories and bracket-breakers, the ComedySportz March Madness-style improv tourney has pitted comedy teams like Gryffindor, Star Wars and Usurpers against one another all month long. Saturday marks the Big Dance: the competition's semifinals and championship rounds. 6 p.m. and 8 p.m., respectively. \$23-\$25. Tickets: [cszchicago.com](http://cszchicago.com)

### Tying the Knot

Under the Gun Theater

956 W. Newport Ave. 773-270-3440

In this "unscripted rom-com," a 10-person ensemble revels in the absurdity that is wedding planning. 10:30 p.m. \$12. Tickets: [undertheguntheater.com](http://undertheguntheater.com)

GWENDOLYN PURDOM IS A REDEYE CONTRIBUTOR.  
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**TO LEARN  
MORE ABOUT  
THE BREWERS  
WORKOUT**

or other West Loop Migration Week events, go to [gooseisland.com](http://gooseisland.com).



# Goose Island plans free workout inspired by brewers' daily tasks

By Heather Schroering | REDEYE

For some of us, beer is the impetus for working out. But for brewers, it is a workout—and not just for the biceps (i.e. raising pint to mouth). As part of Chicago's first West Loop Migration Week (March 28-April 1), five days of tastings and dinner with rare offerings and favorites, Goose Island wants to show us how brewers stay in shape with an exercise class highlighting their daily tasks.

Along with agility and cardio activities, active beer lovers can flip 55-pound grain bags, lunge with cases of beer and lift 16-pound kegs and 30-pound half-barrels during an hour-long workout at 6 p.m. Monday with instructors at the West Loop Athletic Club gymnasium (1380 W. Randolph St.). Of course, Goose Island beer will be waiting at the finish line.

The Brewers Workout is the first



event in the five-day Migration Week series in West Loop, the first of four weeks that will take place in city neighborhoods throughout the year. (Look out, Lincoln Park, Logan Square and Pilsen.) Beer available after the event includes 312, Green Line pale ale and Four Star Pils in cans. The workout is free, but participants should register at [eventbrite.com](http://eventbrite.com).

**MORE WEST LOOP  
MIGRATION WEEK EVENTS**

**Bourbon County  
Stout Deconstruction**

*Brew & Grow* 19 S. Morgan St.

Learn about the ingredients and processes behind the brand's ever-popular Bourbon County Stout. 6:30-8 p.m. Tuesday. Free.

**Goose Island  
Release Event:  
The Fassinator, a  
Blonde Doppelbock**

*Prairie Production*

1314 W. Randolph St.

Sip the new brew, munch on bites from Stephanie Izard and dance to beats from DJs Genghiswon and Michael Tupak. Plus, 100 percent of ticket sales go to Share Our Strength, an organization that fights childhood hunger. 7-9 p.m. March 31. \$12. Tickets: [eventbrite.com](http://eventbrite.com)

# THE FUTURE BEGINS MARCH 30.



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WEDNESDAY'S SOLUTIONS



### BRAIN CANDY

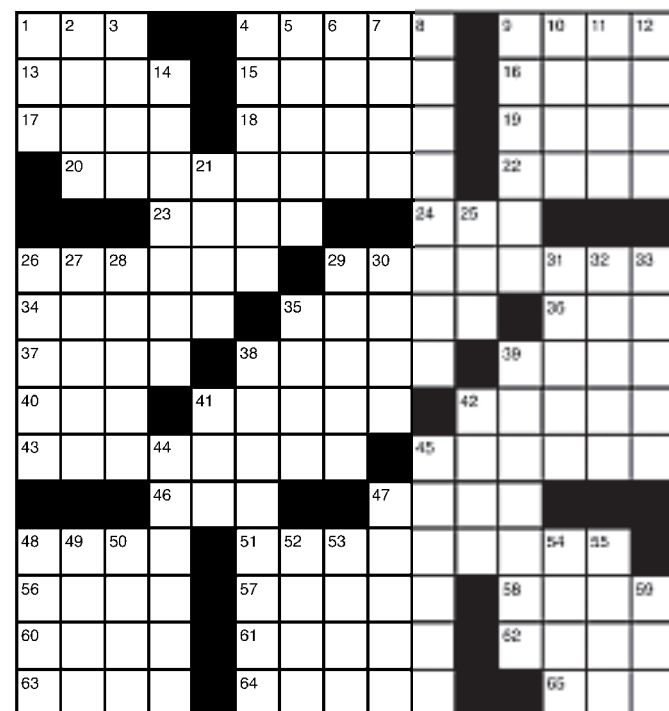
- » The Maldives may be the first country to be swallowed by the sea.
- » The first automatic door was invented in the first century AD and relied on pneumatics to work.
- » There is no such thing as zero gravity in space.
- » In the late 1500s, people started wearing powdered wigs to hide syphilis symptoms.

### ACROSS

- End of the workweek, for many: abbr.
- Higher berth
- Pitfall
- Tiny bit
- Huge horned beast, for short
- Make sharper or more acute
- Supervisor
- with; forms close ties to
- Word of disgust
- Taipei residents
- Fail to include
- Nary a one
- Unruly crowd
- Dissimilar to
- Farewell appearance
- Parts of speech
- Frighten
- "Now I \_ me down to..."
- Ice cream scoop holder
- Fake
- Favor one leg
- Happy \_ clam
- Use a pepper mill
- TV's "Days of Our \_"
- Sense; feel
- Cure
- Gun the engine
- Married woman
- Poet Angelou
- Aide
- Had bills to pay
- Josh with
- Deceased
- \_ tale; cock-and-bull story
- Very willing
- Notice
- Excessive publicity
- Oscar winners
- Peg for Trevino

### DOWN

- Little lie
- Part of a tooth
- "Wonderful Life"
- Suave; polite
- T-Mobile store purchase
- Evergreen tree
- Odds and \_; potpourri
- George Clooney's aunt



- Pulsates
- Meander
- Prefix for freeze or body
- Kid brother, perhaps
- Ridiculous
- Stir-fry pans
- 1/4 and 3/4
- Remove the lid from
- Lasso's end
- Of the moon
- Griddle bread
- Magician's stick
- Tiny fruit
- Johnny Cash's "A Boy \_ Sue"
- Rose Lee
- Prison knife
- New Marines
- Sweet green beverage
- "whiz!"
- Went away
- Baby's bed
- Staircase pieces
- Smarter
- Night-flying bug
- Take \_; subtract
- Business review website
- Fanny
- Long story
- Home's home
- Record
- Late actor John



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# red hot



HILARY HIGGINS FILE PHOTO FOR REDEYE

## THE QUOTE

**“I WASN’T THINKING. I WAS FEELING AND I WAS DYING. AND THEN I WAS JUST LIKE, ‘YOU CAN’T GO DOWN LIKE THIS! YOU HAVE TO TURN THIS INTO MUSIC. YOU HAVE TO TRY, AT LEAST.’ I WAS SO EMBARRASSED BY JUST EVERYTHING. I JUST DIDN’T WANT TO BE THAT PERSON THAT JUST WENT DOWN AFTER ALL OF THAT.”**

—Gwen Stefani, to GQ Magazine, about her recent album, “This Is What the Truth Feels Like,” and her recent divorce.



Grant Gustin as The Flash

## Ouch

Zack Snyder is not one to mince his words. The director of “Batman v. Superman: Dawn of Justice” and the upcoming “The Justice League” defended his decision not to cast Grant Gustin, who plays the title character in the CW series “The Flash,” as the same character in his movies. Snyder told the New York Daily News, “I just don’t think [Gustin] was a good fit. I’m very strict with this universe and I just don’t see a version where ... that [tone is] not our world.” “Trainwreck” star Ezra Miller was cast instead.

## The shortest book in the book store

Comedian Kevin Hart is writing a memoir. According to [vulture.com](#), Hart’s book will be titled “From The Hart,” because life doesn’t get realer than that. The book will cover his childhood growing up with a drug-addicted father in Philadelphia, along with the challenges he dealt with while trying to break into stand-up, Vulture reported, citing the New York Times.



GETTY IMAGES FILE

## Step up

Channing Tatum and his wife, Jenna Dewan Tatum, are teaming up with NBC for a new dance competition series. According to [thr.com](#), NBC is moving forward with a six-episode series pickup with Dewan Tatum serving as a judge and mentor and Tatum appearing occasionally. The format is being kept a secret, but the project is said to be a “fresh take” on the dance competition genre, THR reported. But will Beyoncé be there?



GETTY IMAGES

## Bye, bye

The Weeknd is out of work, work, work, work, work, work. Kind of. According to [billboard.com](#), the singer has dropped out of Rihanna’s European tour stops. “Due to some unforeseen changes with upcoming projects, The Weeknd will no longer be joining Rihanna on her upcoming international Anti World Tour,” a Wednesday statement from Live Nation said. Welp.

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